



# **Stand Your Ground: How to Cope with a Dysfunctional Family and Recover from Trauma**

*Katherine Mayfield*

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Dysfunctional family dynamics can ruin your life, your health, your career, and your self-esteem. "Stand Your Ground" reveals how deeply dysfunctional family dynamics can affect you, offers advice on the best ways to deal with difficult relatives and family bullies, and provides a simple four-step plan for recovering from the trauma of growing up in a dysfunctional family and rebuilding your self-esteem.

Written by Katherine Mayfield, award-winning author of the memoir "The Box of Daughter" and "Bullied: Why You Feel Bad Inside and What to Do About It," "Stand Your Ground" will help you create a workable plan for dealing with your family and reclaiming your authentic self.

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A lot of people always spent their particular free time to vacation or go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day long to reading a book. The book Stand Your Ground: How to Cope with a Dysfunctional Family and Recover from Trauma it is extremely good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book has high quality.

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